

## Health and Life Benefits Tip Sheet 24 Highlights

Warm up to Better Health this Summer! There's still time to get outside and enjoy summer. Walk, run, swim, bike, play a set of tennis or a game of baseball. Tip Sheet 24, found on the Benefits Web site ([www.firstdatabenefits.us](http://www.firstdatabenefits.us)), highlights facts and advice to help you and your family live healthier all year long.

In the latest Health and Life Benefits Tip Sheet, First Data is focused on helping you:

- **Practice prevention**, by scheduling routine physical exams and screenings that safeguard your health.
- **Learn about Type 2 diabetes**, a disease that is affecting the lives of many First Data employees and their family members. The good news is, in most cases, this disease can be reversed by modifying behavior.
- **Eat healthy**, with fresh ideas and tips.
- **Get kids outside**, keep them moving and safe.
- **Register with Medco**, to take advantage of medication safety alerts and money saving tools.
- **Make the most of your benefits** by highlighting additional programs so you're aware of all that's available to you.

Review Tip Sheet 24 in its entirety at [www.FirstDataBenefits.us](http://www.FirstDataBenefits.us), by clicking the Communications tab at the top of the page. For questions regarding your Health and Life Benefits, call the Employee Resource Line at **888.348.4835** between 8 a.m. and 5 p.m. Central Time, Monday through Friday, and follow the prompts for benefits, or direct your question via email to [benefits.information@firstdata.com](mailto:benefits.information@firstdata.com).